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NEWS WORTH SHARING.

‘Hateful’ but not a hate crime

Police say a letter sent to an autistic Ontario teen’s family suggesting he be euthanized doesn’t meet the criteria for a hate crime PAGE 4

Talkin’ about a new generation

With fresh faces dominating the Saskatoon Blades’s 2013-14 training camp, growth is the name of the game PAGE 11

BOOZY TO THE WORLD’S END

HOLLYWOOD RAISES ANOTHER GLASS TO THE NOTHING-IS-QUICKER-THAN-LIQUOR ROUTE TO COMEDY PAGE 7

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MAKING A SPLASH

With temperatures for Saskatoon expected to remain in the high 20s for the rest of this week, residents in the city are trying to stay cool as summer makes a triumphant return after a colder-than-average July. Caiden Carriere, 3, was at the River Landing splash park with her grandma and two-year-old brother, Zak, as the three tried their best to beat the heat on Tuesday afternoon.

MORGAN MODJESKI/METRO

Major mining investment in the works

Premier hails move. Multinational firm BHP Billiton to spend $2.6 billion US on Jansen potash project

MARCO VIGLIOTTI
Metro in Regina

It’s a big-ticket vote of confidence in a Saskatchewan industry that some fear might be weakening.

Multinational resources firm BHP Billiton plans to invest $2.6 billion US in its Jansen potash mine project, about 140 kilometres from Saskatoon.

The company announced on Tuesday that the expenditure will be spread over “a number of years” and be used to finish an excavation and lining of the mine, as well as to “continue the installation of essential surface infrastructure and utilities.”

BHP Billiton CEO Andrew Mackenzie said in a call with analysts that the “measured” investment will “de-risk the project and maintain the flexibility to enter the potash market only when the time is right.”

Premier Brad Wall touted the investment as a testament to the strength of the regional potash industry.

“This is a strong vote of confidence in the potash industry in our province,” Wall told reporters.

“When it comes to potash developments in the world, (BHP) said they like our geology — but they also like the stable fiscal environment and the economic environment here.”

Mackenzie added that he’s confident in the value of developing Jansen, a project he believes will achieve low costs of production — especially with a slower timeline.

The Anglo-Australian company expects to complete two mining shafts for the project in 2016.

BHP said it might also “sell a minority stake to one or more joint-venture partners,” consistent with its approach at many of its major operations.

Despite lingering concerns about the strength of the industry and worries that the recent collapse of a Russian cartel would send potash prices into a tailspin, BHP petroleum and potash president Tim Cutt said “potash and Jansen represent a significant opportunity” for the company.

WITH FILES FROM THE CANADIAN PRESS

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Area evacuated after home experiment goes wrong

False alarm. In an attempt to create 'coloured fire,' one resident inadvertently caused a dangerous materials scare

JACOB MORGAN
jacob.morgan@metronews.ca

David Jones, a biomolecular structure studies student at the University of Saskatchewan, says he had been mixing chemicals in his Saskatoon home when something didn't smell right.

Standing outside the house in the 400 block of Cumberland Avenue where emergency response teams were looking into the situation, he said he was trying to use elements such as potassium and boric acid to make coloured fire for tiki torches and poi fire spinning.

"I was making coloured fire about a year ago and some of the containers that I had mixed them in had evaporated and left behind something that wasn't salt anymore," he said. "Then I noticed that the top of the pop bottle looked like it was melting."

Acting assistant chief of fire and protective services Luc Durand said emergency crews responded around 8 a.m. All residents within a 30-metre radius were evacuated.

The three primary containers originally considered to be a threat have been identified as nonhazardous, said Durand.

"We got the owner's permission — we noticed other chemicals in the house — to go in and see what's hazardous material and we will dispose of that," he said.

But only regular household chemical products were found, a press release said.

First responders

In addition to the fire department, city police, EMS, decontamination and hazmat units were on the scene.

First responders investigate after a student's home experiment didn't go quite as planned. JACOB MORGAN/METRO

Premier disappointed over Wallin expense scandal

Premier Brad Wall says there is disappointment in Saskatchewan over an expense scandal involving Sen. Pamela Wallin, who represents the province in the upper house.

An audit of Wallin's spending flagged more than $121,000 in inappropriate expenses and called for further review of nearly $21,000 in additional claims. The RCMP is investigating.

"I think all of us in public life, we need to be very careful with these sorts of things. Obviously we're not spending our money. We're spending someone else's money — the people for whom we work — and we need to err on the side of caution. It doesn't seem like that happened in this case," Wall said Tuesday at the legislature.

Conservative fundraisers, a short hop to catch a flight to the sunny Caribbean and awards galas are just some of the expenses Wallin billed to taxpayers as Senate business.

The former broadcaster has called the audit into her travel claims "fundamentally flawed and unfair."

She has repaid $38,000 and has said she will pay back other disallowed expenses with interest.

Members of the Senate committee that reviewed the audit said Wallin's ability to travel on the taxpayers' dime will be restricted for at least the next 12 months. They also said they would keep a close eye on her future claims.

THE CANADIAN PRESS

Taxpayers' dime

"On the face of it, the information that's there, absolutely there's disappointment."

Premier Brad Wall,
on the audit of Sen. Pamela Wallin's travel expenses

Officer accused of murder granted bail within hours

T.O. streetcar shooting. Bond set at half-million dollars, constable must stay within Ontario

JESSICA SMITH
Metro in Toronto

Toronto police Const. James Forcillo was granted bail Tuesday afternoon, without spending a night in jail.

Forcillo turned himself in that morning and walked out of Superior Court at about 3 p.m., as his lawyer Peter Brauti and Mike McCormack, president of the Toronto Police Association, led him through the crush of media to a waiting SUV.

Brauti told reporters it is unusual for bail to be set so quickly in a murder case but said the case itself is unusual because his client was on-duty.

"This is a case where Mr. Forcillo didn't ask to be at the foot of that streetcar. He was on-duty and had a legal obligation to be there. We'll have a trial about whether his decisions were right or wrong," said Brauti, adding that Forcillo has no criminal record and an excellent police record.

Brauti said he's yet to receive full disclosure from the Crown about the evidence, but what he has received shows the case is different than what's been in the media. He would not elaborate.

Forcillo's bail hearing was over in about 15 minutes. All of the conditions of his release were not read out loud, but Brauti said they include four sureties who will be responsible for Forcillo until his trial.

The bond was $510,000 and he is to remain within Ontario, unless he receives special permission.

After a three-week investigation, Forcillo was charged with second-degree murder on Monday in the death of Sammy Yatim, 18.

Bystander video and a surveillance camera appear to show Forcillo shooting at Yatim three times, at which point Yatim fell to the floor, followed by a pause and six more shots.

Toronto police Const. James Forcillo leaves a courthouse on Tuesday after being granted bail. Forcillo has been charged with second-degree murder in the shooting of 18-year-old Sammy Yatim. NATHAN DENETTE/THE CANADIAN PRESS

Autism letter not a hate crime

A devastating letter sent to the Ontario family of a boy with autism does not meet the threshold for a hate crime, but police are considering other charges.

"Despite the hateful language used, the Crown Attorney's office has advised that the content of the letter falls below the threshold for a hate crime. However, there are other Criminal Code issues that are being considered," Durham regional police said in a statement Tuesday morning.

On Friday, Brenda Millson, the grandmother of 13-year-old Maxwell Begley, received a letter in the mail at her Newcastle home. The anonymous writer, who claims to live in the neighbourhood, complained about the noises the boy makes and wrote that the boy was a "hindrance to everyone."

"Do the right thing and move or euthanize him!!! Either way, we are ALL better off!!!" The letter closes, "Sincerely, one pissed off mother!"

Maxwell Begley, 13, along with mom Karla and grandmother Brenda Millson at the Begley home in Oshawa on Monday. RICK MADONIK/TORSTAR NEWS SERVICE

Begley was diagnosed with autism when he was 20 months old. He often stays overnight at his grandmother's home. His family has been devastated by the letter and is hopeful charges can be laid.

Police say they are still in the early stages of the investigation, and are receiving information from the public. Police said a couple of charges might apply, but they weren't able to discuss charges at this point in the investigation.

TORSTAR NEWS SERVICE

Out on two counts

Definition of hate

According to Steven Penney, a law professor at the University of Alberta, the Criminal Code defines a hate crime as "wilful promotion of hatred towards an identifiable group, or alternatively the public incitement of hatred that could conceivably lead to a breach of the peace."

He said the communication must be in a public forum or setting, meaning that a private letter wouldn't be covered.

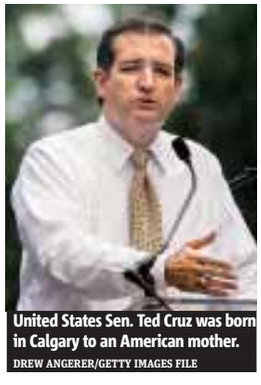
He added that the term "identifiable group" doesn't include people with physical or mental disabilities.

"It's limited to ... colour, race, religion, ethnic origin or sexual orientation," Penney said. THE CANADIAN PRESS

Maple grief. U.S. senator plays down questions on his Canadian citizenship

U.S. Sen. Ted Cruz, seemingly eyeing a presidential run in 2016, calls his renunciation of Canadian citizenship no big deal, even though doubt about candidates' birthplaces has flared in recent elections.

Responding to questions Tuesday in Houston, Texas, Cruz said, "This may be the silly season in politics."



United States Sen. Ted Cruz was born in Calgary to an American mother. DREW ANGERER/GETTY IMAGES FILE

Controversy still dogs U.S. President Barack Obama from some quarters despite proof he was born in Hawaii.

Cruz, a Texas Republican and Tea Party favourite, was born in Calgary to a Cuban father and U.S.-born mother. His mother's status has allowed him to be a citizen of both the U.S. and Canada, but he said Tuesday, "I believe it makes sense for me to be only an American."

Previous foreign-born Americans — notably Republicans John McCain and George Romney — have run for president with some mention but no serious challenges of their eligibility.

Cruz says that after moving to Texas at age four, he never made an affirmative claim to dual citizenship, and he's now promising to drop his Canadian citizenship if in fact he holds it. THE ASSOCIATED PRESS

Sears downsizing sends jobs to India

Foreign outsourcing.
Firm announces layoffs, says some of affected IT work will go to supplier with operations in India

Sears Canada is cutting 245 mainly head-office jobs, with some of the work being outsourced to a firm with operations in India, a senior spokesperson confirmed on Tuesday.

The biggest group, consisting of 138 jobs, is in Sears' information technology department, said Vince Power, the national retailer's vice-president of communications. Nearly 100 affected jobs are in finance and eight are in payroll, he added.

The employees received layoff notices on Monday and will be leaving at various times over the next six months, Power said in a telephone interview. Some may find other work within Sears, he said.

The announcement comes as more Canadian companies move their information technology services to outside suppliers, many with operations outside the country.

Sears said the move will ensure the company's information technology services are more efficient and up-to-date, which is better for customers.

"These days, to keep up to date with all the system investments you need to make, it's not our core business. We're leaving it to people we feel can do it more efficiently," Power said.

Some of the work would end up outside the country, he said. IBM has operations in India. "Certainly some of the work is going to be done outside the country. That's their business model," Power said.

TORSTAR NEWS SERVICE

RBC outsourcing mess

- Earlier this year, there was an outcry when a Royal Bank of Canada employee said he was being asked to train his replacement, a temporary foreign worker from India.
- That led Ottawa to tighten up its temporary foreign worker program, which is supposed to be used only when no qualified Canadian is available.
- But Ottawa did nothing to address the growing use of offshore firms to perform high-tech work. Employees of dozens of other firms, especially in financial services, insurance and accounting, have contacted media outlets to say their firms are also sending IT jobs to India.

Back-to-school will cost you 18% more this year

People walk by a Best Buy store on Tuesday in New York City. Canadians will be digging a little deeper into their pockets during this year's back-to-school shopping season, a new survey suggests. According to the Pollara survey, Canadians intend to shell out an average of $428 per child on items such as school supplies, clothing and technology as their kids head back to class. That's an increase of 18.2 per cent over last year, when they planned to spend an average of $362 per child. SPENCER PLATT/GETTY IMAGES

Market Minute

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Natural gas: $3.44 US (-2¢)
Dow Jones: 15,002.99 (-7.75)

Waterloo, Ont.

BlackBerry chops 100 more positions

BlackBerry says it's cutting about 100 jobs this week in the Waterloo, Ont., area as part of the second phase of its previously announced transformation plan. There were 250 layoffs last month at the firm's operations in Waterloo. THE CANADIAN PRESS

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TALKING ABOUT SEX? GASP!

JUST SAYIN'

Paul Sullivan
metronews.ca

What is it about sex?

Now that I've got your attention, class, let's try to answer that question.

We don't seem to have any trouble with violence in our society. According to the Canadian Council on Social Development, the average Canadian child sees 12,000 violent acts on TV each year. Forty of the top-47 video games have violent themes. Etc.

But sex. Now that's another story, as Vancouver's Science World found out recently. It has a program underway called The Science of Sexuality:

"This self-guided exhibition explores the different stages of human sexual development … that lead to first love, to the discovery of attraction, seduction, desire and intimacy. By presenting a positive image of sexuality and exploring what science has revealed about the topic, the exhibition hopes to provide visitors with enough information on the many issues of sexuality to make enlightened and responsible decisions."

Recommended for ages 12 and up.

Uh-oh.

Exposing teens to the "discovery of attraction, seduction, desire and intimacy" is bad enough, but then Science World hired Vancouver's zaniest ad agency, Rethink, which immediately went out and built some raunchy ads.

One has a man and a woman under the sheets, the man on top and his legs between hers, both of which are in casts. The headline is Orgasms Can Kill Pain.

Another has a picture of a box of tissues surrounded by a number of rumpled tissues with the headline Ejaculation Fights Colds.

Never mind that this sounds like a sure cure for the common cold; the outcry was immediate as self-appointed guardians of the public morality rose up and pronounced themselves offended on behalf of the kids.

Foremost among the guardians was TransLink, the local bus authority, which ruled that neither would grace the buses of Vancouver.

OK, a little raunchy, perhaps. Better hide the kids' eyes, so they can go back to watching murder on TV or playing video games. And by the time they're 18, they'll have seen 40,000 murders, which is no doubt good because that will desensitize them to violence.

Meanwhile, back at the sex exhibit, kids will learn nasty stuff like the molecule responsible for love at first sight (oxytocin) or if there are sexually transmitted diseases you can catch from kissing (herpes). Of course, there's also something called an "erecto-matic," or erection stimulator. And then there's the "fantasy booth."

When we were kids, we only went to the stupid dairy on field trips.

So would you rather have your kid operate the erecto-matic or blow away another couple zillion bad guys? And if that seems like an unfair question, you may be having a problem with reality.

Which brings us back to our original question: What is it about sex? By now, isn't it obvious? The answer you seek is at Science World in Vancouver. Until Sept. 2.

ZOOM

What's all the fusilli about?

METRO MOSCOW

Colanders latest threat in Russia

The Church of the Flying Spaghetti Monster is a new threat to the Orthodox Church in Russia.

On the weekend, Russian "pastafarians" gathered in Moscow with their religious equipment, namely colanders. As a result, eight people were taken to the police station after a "pasta procession" in the centre of Moscow. Orthodox activists who called the police said that glorification of the Flying Spaghetti Monster hurt their feelings. METRO

Q and A

Picture pasta causing a stir

Metro spoke with a pastafarian representative, Aleksander Stelkovsky.

What can people learn from your religion?
The most important principle of our religion is common sense.

And how about your conflict with the Russian Orthodox Church?
ROC proved extremely hostile to us. They attacked us and called the police and said that our actions were not authorized by authorities. Now we are preparing a lawsuit. METRO

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Remember the days when Instagram was clawing its way up the app chain vying for the attention of the online cool kids? When copycats were a welcome sign of reaching digital deity status? Those days are gone (thank you, Zuckerberg) and Instagram is now clamping down on apps with names sounding too similar to the beloved photo-sharing site. But before all things 'insta' and 'gram' go the way of ICQ and AOL, there are a couple of similarly named Instagram apps worth checking out (even just for an instant).

Statigram:
Numbers for your Instagram account so you can learn just how many people like your hotdog, leg-beach selfies.

Instadrop:
A drop box for your Instagram photos so your non-Instagramming friends and family won't miss a single filtered photo.

Instagallery:
As the name suggests, this lets you quickly and easily make photo galleries out of any set of Instagram pics.

Letters

RE: Parliament To Be Prorogued Until October: Prime Minister, published Aug. 19

The Conservative party cannot be allowed to prorogue Parliament.

There are many things that must be discussed and scandals that have been committed by that party that must be addressed.

Your actions will determine whether you are with Canadians or with the scandalous.

I demand our opposition leaders stand up against this prorogation and yourself as well.

This country was built on democracy.

The Senate was NOT democratically elected so the elected members of Parliament must be heard.

There is no majority when it comes to scandal against Canadians perpetrated by the Conservative members.

Robin Brentnall, Gambo, N.L.

WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca

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Movie review

The Mortal Instruments: City of Bones

Director. Harald Zwart

Stars. Lily Collins, Jamie Campbell Bower

Based on the hugely popular book series, The Mortal Instruments' built-in young adult audience should shill out big bucks for this adaptation regardless of whatever critics write. Lucky for them, the fantasy tale of a teen who discovers she's got mysterious powers to be used to protect humans from a hidden underworld may feel derivative but a quick pace and charismatic cast keep the melodrama from becoming too mind-numbing. STEVE GOW/METRO

Gay marriage

Tomlin looking at marriage again

Lily Tomlin and her longtime partner, Jane Wagner, may finally tie the knot now that same-sex marriage has returned to California, she told the crowd at a pre-Emmys reception in Los Angeles this week.

"Jane and I have been together for 42 years. We're thinking maybe we'll get married," Tomlin said.

THE ASSOCIATED PRESS

Nick Frost, left, Eddie Marsan, Simon Pegg , Paddy Considine, and Martin Freeman star in The World's End. CONTRIBUTED

Fall down drunk comedy

New movie. The World's End becomes another empty glass in the long history of binge drinking movies that manage to trip all over themselves

IN FOCUS
Richard Crouse
scene@metronews.ca

This weekend, as Simon Pegg and Nick Frost embark on an epic pub crawl in The World's End, they are continuing a Hollywood tradition of raising a glass in the movies.

"Tonight, we will be partaking of a liquid," says Gary King (Pegg), "although we may return with a twinkle in our eyes, we will be in truth blind… drunk." Pegg and pals add a sci-fi twist to their story, but at its heart it's a boozy comedy.

W.C. Fields pioneered drinking on film. During his 1930s heyday he made a name for himself with snappy one-liners like, "A woman drove me to drink and I didn't even have the decency to thank her." He liked a cocktail off screen as well. On set he had an ever-present vacuum flask of mixed martinis he referred to as his "pineapple juice."

While shooting a movie in 1942 a jokester replaced his gin with real pineapple juice. After his first sip Fields shrieked, "Who put pineapple juice in my pineapple juice?"

My Favorite Year, the 1982 Peter O'Toole comedy, was a fictional story based on a real life actor with a legendary taste for alcohol. O'Toole, a hellraiser who once went for a drink in Paris and woke up in Corsica days later, plays a character based on Errol Flynn's appearance on Sid Caesar's television program Your Show of Shows. Premiere Magazine ranked the performance No. 56 on its 100 Greatest Movie Characters of All Time list.

More recently Beerfest celebrated ale quaffing in a story based on the von Wolfhausen family tradition of spreading relatives' ashes on the official ground of Munich's Oktoberfest.

This down and dirty ode to drinking beer stars the members of Broken Lizard — the comedy troupe that gave us Super Troopers and Club Dread — and only has a 41 per cent rating at Rotten Tomatoes. Still, it is worth a look if only to see someone drink their way out of a vat of lager.

In Barfly Mickey Rourke plays Henry Chinaski, an alcoholic writer and alter ego to real life poet and "crown prince of self-abuse" Charles Bukowski. "Anybody can be a non-drunk," he slurs. "It takes a special talent to be a drunk. It takes endurance."

He was so convincing in his portrayal that when Bukowski died The New York Post ran a picture of Rourke from Barfly rather than a photo of the poet.

Booze relations

"A woman drove me to drink and I didn't even have the decency to thank her."

W.C. Fields
Who pioneered drinking on film

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Robert Pattinson

Twilight stars look to add another sequel

Twilight fans take heart: There may still be hope for exes Robert Pattinson and Kristen Stewart, as the pair reportedly met up at Stewart's house earlier this month for "a very intense conversation," according to Us Weekly.

"They will probably pick up where they left off. Rob's obsessed with her," a source says.

"She's still heartbroken. She can't seem to get over him."

The Twilight co-stars officially split in May.

The Word

Do you want to see Demi Lovato's X-Factors?

THE WORD
Dorothy Robinson
scene@metronews.ca

This week held a few ups and downs for Demi Lovato. Let's start with the downs. Radar Online reported that someone is trying to sell nudie shots of The X-Factor host.

Although Radar claims the photos of the dark-haired woman are "identical" to Lovato — including the same tattoos — they aren't going to purchase them for our horny consumption.

"These are Demi. The collection I have show some nude, including face, some including parts of the body Demi is known for — tattoos, butt, chin. Then, I have pictures of her getting rowdy," the shadowy figure says to the site.

But behind every nude-photo storm there is a guest-starring rainbow! That's the expression, right? Anyway, it was announced Monday that Lovato will be appearing on the next season of Glee as Rachel Berry's friend.

"I just heard the news! Excited to sing w you girl!" Tweeted Adam Lambert, who joined the show earlier this summer.

So in both cases, we can safely assume that we'll be seeing a lot more of Lovato in the coming months.

Dick Van Dyke

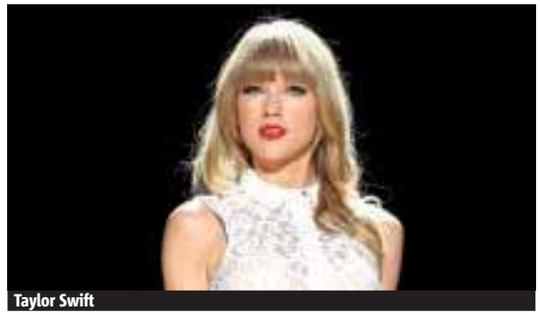
Van Dyke may not be hot, but his car was on fire

Dick Van Dyke had quite a scare on the 101 Freeway in Los Angeles this week when his Jaguar sedan caught fire, according to E! News.

"We received a call that a car was on fire. There were reports that the person behind the wheel of the Jaguar was slumped over the wheel," a California Highway Patrol spokesman says.

"We were told that there were nurses on the scene helping him. CHP and the Los Angeles County Fire Department responded to the call."

No ambulance was called, and Van Dyke's wife tweeted a Vine video of the charred remains with the caption, "Van Dyke's melted car. He's fine, thank God."



Taylor Swift

Swift is either still bitter, or has a sense of humour

Taylor Swift apparently still can't get over Kanye West's infamous stage-crashing at the 2009 MTV Video Music Awards — or at least she still enjoys jokes about it.

Ed Sheeran, who is on tour with Swift, shared a photo of a jar of jam the singer had given him with a handwritten note on the label: "Yo Ed, I'm really happy for you and I'm gonna let you finish but this is the best jam of all time," she wrote.

YOU COULD **WIN**
4 TICKETS TO THE WIGGLES SHOW

VISIT clubmetro.com TO ENTER

No purchase necessary. Contest open to legal residents of Saskatoon who have reached the age of eighteen (18) years or older. Odds of winning depend on the number of eligible entries received. 1 prize to be won, consisting of 4 tickets to see the Wiggles at the TCU Place in Saskatoon on Wednesday, August 28, 2013 (valued at approx. $80). Contest closes August 23rd, 2013 at 11:59pm. To enter and for complete contest rules, visit www.clubmetro.com

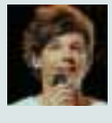
Leif Garrett. ALL PHOTOS GETTY IMAGES

Watch out for scumbags, drug dealers and chicken hawks

If anyone can offer Justin Bieber advice on the perils of getting so famous so young, it's former teen idol Leif Garrett.

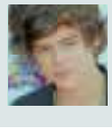
"Do not believe your own publicity," Garrett suggests when asked by Fox News for advice for the 19-year-old pop star. "Sussing out who your real friends are is full-time work. Every scumbag, every drug dealer, every chicken hawk wants a piece of you. When you've got that sort of power at that young age, and everything at your doorstep, you put out that bad boy image. At that age, testosterone, hormones, all of the money, you see what else you can get away with."

Twitter



@Louis_Tomlinson
Great to be back with the lads today! Can't wait for the movie

@NiallOfficial
Great last few days @vfestival ! It was incredible ! Wish I could have stayed there for another week! Although I didn't bring enough boxers



@Harry_Styles
Just saw a guy riding a bike and playing guitar at the same time. No hands.

A new kind of surf and turf

Vancouver Island. Swinging golf clubs and salmon fishing makes for the perfect West Coast holiday

SHARON MCAULEY
canadiangolftraveller.com

When I travel, I'm always on the lookout for authentic local experiences to mix with golf. So I was thrilled to discover that at Vancouver Island's Campbell River, the self-proclaimed "salmon fishing capital of the world," you can tee it up and cast your line all in the same day. If you think making a birdie is fun, just wait until you experience the kick of reeling in an 18-pound Chinook, then savouring your fresh catch — and your fish tales — over dinner at the lodge.

Even the deer are used to golfers at Vancouver Island's Crown Isle Resort. PHOTOS: BRIAN KENDALL/CANADIAN GOLF TRAVELLER

Teeing it up

There's plenty of great golf on Vancouver Island. The Vancouver Island Golf Trail maps out 11 public play courses over a 250 km route, from Victoria at the southernmost tip to Campbell River further up the island.

For our first round, we played Crown Isle Resort in the Comox Valley, about 40 minutes south of Campbell River. This Graham Cooke-designed course winds its way through an 831-acre golf community, presenting plenty of challenges — including 11 lakes — along the way. Remember to look up for stunning views of the Beaufort mountains, and keep your eye out for local deer — they're so accustomed to golfers that they're not even phased by near-misses on the driving range.

Storey Creek is a Les Furber-designed gem in Campbell River. A beautifully treed course, each hole is separated from the others by the surrounding forests of red cedar and Douglas fir. Fair and fun to play, it reminded me of a classic Stanley Thompson track, where risk-reward is the game but there's always a safe way for a high handicapper to make it to the green. Storey Creek is one of ScoreGolf Magazine's top 100 courses in Canada, and was awarded four stars by Golf Digest.

Canadian Golf Traveller publisher Sharon McAuley with her Chinook Salmon catch.

Reeling them in

Using local outfitters Oak Bay Marine Group, and with our expert guide Trevor Mahalek in charge, we set out the next morning for a four-hour fishing trip from the lovely April Point Resort.

With the outboard on our 17-foot Boston Whaler at full throttle, we travelled south for about 20 minutes along the Discovery Passage, just off the coast of Vancouver Island near Campbell River. According to Mahalek, there's a natural funnel in this area, formed by the tides and the ocean topography, which creates an ideal environment for catching the big ones.

Don't worry if you're new to fishing — your guide does all of the prep work and will give you a rundown on the best way to reel it in once you've got one on the hook. We were in good hands with Mahalek — a guy who goes fishing in his off hours when he's not working as a fishing guide. After he rigged our lines with a hoochie (its silver flashing movement under water attracts the salmon by giving the appearance of a herring in distress) and a blue meanie (a colourful lure with J-hooks attached), then secured our rods to the gunwale, we were ready to troll.

It wasn't long before the first strike and frenzy of activity. Reeling it in quickly while keeping the tension on the rod — but not letting it bend too much for fear of the line breaking, and occasionally letting the reel handle go to spin the line out and create more slack — took our full focus and energy. Under Mahalek's encouraging coaching and masterful work with the net, we successfully landed the first of four Chinook salmon, ranging from 10 to 18 pounds.

But before we reached our limit, there was one memorable one that got away.

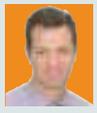
Just as I was bringing the fish alongside the boat for Mahalek to net, a wily seal popped out of nowhere and took both the fish and my line. I was stunned at the sudden turn of events, and briefly wrestled with both the salmon and seal at the end of my rod. But it was a losing battle — according to the local term, I'd been "sealed." I didn't get the fish, but I did come away with a whopper of a fish tale.

Getting there

- **BC Ferries.** Has frequent daily crossings between mainland Vancouver and Vancouver Island (with service to Victoria or Nanaimo).
- **Golf and fishing packages.** Vancouver Island offers three different places to combine golf and fishing: Victoria, Cowichan Bay and Campbell River. See Golf Vancouver for booking information.

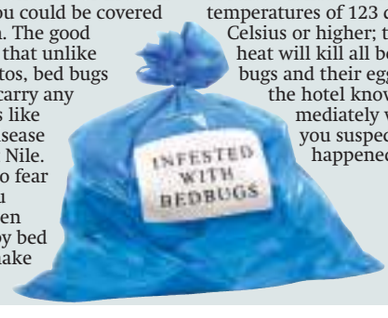
Travel tips

Don't let the bed bugs bite



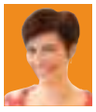
ON THE MOVE
Loren Christie
life@metronews.ca

Bed bugs can be found almost anywhere there is fabric or wood, from department stores to movie theatres to, unfortunately, your hotel guest room. Although most major hotel companies have strict and effective policies on how to deal with bed bugs once an outbreak has happened, there is little they can do to prevent new cases from occurring. Bed bugs are lazy bloodsuckers that have a terrible habit of travelling in people's luggage or purses in search of their next meal. There are some steps you can take to protect yourself. When you check into your hotel room, hang your coat in the closet and place your luggage in the bathroom, where it can sit on tiles while you inspect the bed. Strip back all the bedding and look at the corners of the bed and under the mattress. At three to four millimetres in length, bed bugs are visible to the naked eye. They are brown or red (if they have recently eaten) and if you don't see the bugs themselves look for little black dots, which indicate recent activity. Bed bugs hang out close to their food supply so make sure to check the headboard where your neck, head and arms are exposed as you sleep. The odour of overripe raspberries is another indication that you may not be alone. A typical bite takes the form of red itchy bumps in series of threes, but could also just present itself as an inflammation. You could just end up with one bite or in some cases you could be covered in them. The good news is that unlike mosquitos, bed bugs do not carry any diseases like Lime Disease or West Nile. If you do fear that you have been bitten by bed bugs, make sure to place your luggage in the garage when you get home and have your clothes dry cleaned and steamed or at least washed in water temperatures of 123 degrees Celsius or higher; the heat will kill all bed bugs and their eggs. Let the hotel know immediately what you suspect has happened.



ELLE 3

Save on cost, not flavour with Dorowat



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

I have just about had it up to here with people telling me it costs too much to eat healthy. It simply doesn't, and I intend to prove it.

Made with a number of the spices on the Top 10 ORAC (the highest anti-oxidant foods) list, this version of Dorowart, the sweet Ethiopian stew, is a cancer battling delicious powerhouse.

The flavours are surprising, rich and nourishing. If you can find injera, which is an Ethiopian flatbread made with high-protein, ancient teff flour, do so! The traditional method of eating the stew using scoops of this delicious bread is an experience beyond just the taste.

Store leftovers in the freezer in single serving sizes and yum out for weeks, cheap!

Ingredients

- 28-oz can crushed tomatoes ($1.29)
- 3/4 cup dry red wine ($1.75)
- 1/4 cup paprika ($0.25)
- 1 tbsp red chili pepper flakes ($0.05)
- 1 tbsp ground turmeric ($ 0.01)
- 1 tbsp grapeseed oil ($0.08)
- 1 onion, minced ($0.88)
- 2 garlic cloves, minced ($0.10)
- 2 tbsp ginger root, grated ($0.10)
- 1 tsp ground nutmeg ($0.24)
- 1 tsp ground cloves ($0.35)
- 1 tsp ground allspice ($0.75)
- 1 tsp cinnamon ($0.13)
- 1 lb skinless chicken thighs ($4.30)
- 28-oz can chickpeas, drained ($1.29)

Total: $11.32/$0.94 per person

1. In a large bowl, combine tomatoes, 1/2 cup of the red wine, paprika, chili pepper flakes, and turmeric, and set aside.

2. Warm a large deep pot over medium-high heat. Add oil, and cook onion for about 5 minutes. Add garlic and grated ginger, cook for 1 more minute. Stir in nutmeg, cloves, allspice and cinnamon, then add chicken pieces and brown for 2-4 minutes per side.

3. Pour tomato mixture over chicken and bring to boiling; reduce heat. Cover and simmer about 30 minutes.

4. Stir in remaining 1/4 cup dry red wine and drained chickpeas. Simmer uncovered for about 15 minutes.

Dorowat (Ethiopian Chicken and Chickpeas)

This recipe serves 12. CONTRIBUTED/ THERESA ALBERT

Eat cheap

For the next four Wednesdays, Metro's Theresa Albert will be serving up some easy to make and healthy recipes that are perfect for families or starving students.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PRIVATE NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Drink of the Week

Hennessy Sweet Tea

Sweet Tea is a staple in the southern U.S. Here is a rich, new take on the classic way to cool down.

- 1.5 oz Hennessy V.S
- 0.5 oz Grand Marnier
- 2 oz unsweetened cold tea
- 1 oz simple syrup
- 0.5 oz fresh lemon juice
- Garnish with a twist of orange

Add all liquids into a shaker tin with ice and shake until well chilled, strain into a Collins glass over fresh ice and garnish with an orange twist.

RECIPE AND PHOTO COURTESY OF HENNESSY

Sell me the story of your school days

Chronicles behind the cap and gown. Your degree isn't unique, but your educational experience is

MEGHAN GREAVES
TalentEgg.ca

Most employers and recruiters have met hundreds or thousands of people in your field, many of whom possess the same credentials as you do.

To make an impact, you need to demonstrate how your education is compatible with the role you're interested in. This reflects your familiarity with the position itself, as well as your position as a qualified candidate.

You might not have any work experience under your belt, but your educational history is an often-forgotten and incredibly important selling point at your disposal. Just about any post-secondary program will have helped you develop marketable skills that you might not even recognize. Your next task is to communicate that to all those employers.

Check out these tips to help you sell your education to employers!

Understanding why you're qualified for a job and displaying confidence in your education can often be the deciding factor for new grads when on the job hunt. ISTOCK

Give your education the spotlight on your resumé

On the first page of your resumé, make sure you have space to list your educational background.

To highlight the unique character of your education, include a brief description of what you learned throughout your program, as well as any extra classes you may have taken that complement the role you're applying for.

List both the hard and soft skills you've learned, or are learning, throughout your program. Be prepared to explain them in further detail!

Don't box yourself in by imagining how your degree could contribute to success in just one specific role. Prepare for the job hunt by collecting possible job titles from different employers and practice explaining how your education fits each one.

You may want to check out a handy guide to keeping your resumé organized so that you can stay on top of all this information.

Tip: This is a great time to make your minor work for you too! A major and minor combination can make for a versatile background, so make sure you note how those two subjects can (and will) work together!

Spiel certaintude

- **Make sure you believe what you're saying.** It can be hard to display confidence in your skills, but don't feel like you're tricking anyone by showing conviction.

Make your online presence correspond

Getting your online profile to correspond with your resumé is key when it comes to making yourself research-friendly.

If an employer can't find you online, that doesn't send a good message — particularly if you're applying to a job that involves social media responsibilities.

Too many new grads only have the program they graduated from on their professional profile. This doesn't provide enough detail.

Listing the courses you took in addition to listing your program helps employers explore your skills, which in turn gives them a clearer understanding of why you'll be an egg-cellent addition to their team!

Tip: A savvy job-seeker uses each major social media outlet as part of a whole strategy of self-presentation. Make sure your Twitter and Facebook reflect some of the skills and passions you're trying to communicate to an employer.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

4 SPORTS

MLB

Dempster fined, suspended for plunking A-Rod

Boston's Ryan Dempster accepted his punishment without admitting any misdeed.

The Canadian pitcher was suspended for five games and fined by Major League Baseball on Tuesday for intentionally hitting New York Yankees star Alex Rodriguez with a pitch last weekend.

"I thought about appealing," the Gibsons, B.C., native said before Boston played the Giants. "At the end of the day, I think Major League Baseball does a really good job of thinking through punishments before they hand them out. I thought it was in the best interest of us as a team to go ahead and serve my suspension."

THE ASSOCIATED PRESS

Rugby

From scrimmage to scrum: Burke joins rugby board

It's a sport Brian Burke loves, and one that he is happy to follow closely whenever he gets the chance.

Rugby, not just hockey, has been in Burke's heart for decades. He's played it, watched it and will now take part in directing it as well.

Rugby Canada announced Tuesday that Burke is joining its board of directors, giving the former NHL executive a chance to get involved in what he calls his "second-favourite sport."

THE CANADIAN PRESS

Blades head coach Dave Struch speaks to the media at the team's 2013-14 training camp press conference on Tuesday. Coach Struch said that with such a young group of players going into training camp, the Blades' upcoming season will be one of growth and restructuring. MORGAN MODJESKI/METRO

Blades brass building for a bright future

WHL. Head coach says new faces flooding training camp will mean a focus on growth

MORGAN MODJESKI
morgan.modjeski@metronews.ca

The Saskatoon Blades are experiencing a youth movement.

With only 11 returning players of the 93 players taking part in the Blades' 2013-14 training camp, Blades head coach Dave Struch, who took the reigns of Saskatoon's WHL team in June, said the team's 50th season will be one of growth.

"We're not going to focus on so much the wins and losses, we're going to focus on the process," Struch said.

"Team building is going to be a big part of this year. Things that we do off the ice as far as our education and community efforts, those are all big things for these guys because they've got to mature as people, as well as players."

While there are advantages to coaching a group of young players, Struch said there's no doubt there will be some hard times ahead.

"Those rough times, it's how (we) react to them that's going to count," he said. "Not too many ups, not too many downs and staying consistent. We're going to have a lot of young guys, so scoring is going to be difficult.... Our reaction to everything that goes on throughout the year is going to be key."

Running from Aug. 21 to 25, registration for the Blades' training camp starts on Wednesday evening with players taking to the ice at the Legends Centre in Warman on Thursday morning.

Fan-friendly schedule

Alongside the announcement of the team's 2013-14 training camp, the Blades administration say the schedule for the upcoming season is ideal for Saskatoon fans, as 25 of the 36 home games are on either Friday or Saturday night.

- The Blades' first game of the regular season is Sept. 20, when they face off against the Prince Albert Raiders at Credit Union Centre in Saskatoon.

Yankees stand tall in double-dip vs. Jays

Jayson Nix hit a tying homer in the seventh inning and a game-ending single in the ninth, lifting the Yankees to their second comeback victory over the Toronto Blue Jays on Tuesday, 3-2 in the nightcap for a doubleheader sweep.

In the opener, Robinson Cano and Chris Stewart each hit three-run homers to rally the Yankees from four runs down to beat the Blue Jays 8-4.

Cano had an RBI single in the second game and had six hits and five RBIs for New York in the two games.

Joey Bats' bum hip

Blue Jays slugger Jose Bautista left the first game of the doubleheader because of soreness in his left hip.

- The outfielder went for tests and was unavailable for the nightcap.

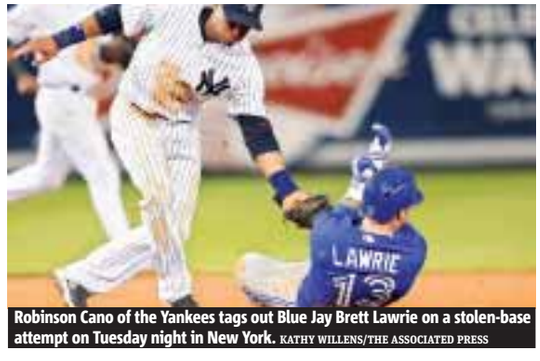
Ichiro Suzuki singled and doubled in the first game, leaving him one shy of 4,000 combined hits during his careers in Japan and the major leagues.

With fans standing and chanting "Ichi-ro!" in the eighth, he grounded out. Suzuki pinch ran in the second game and scored the winning run.

With a full moon hanging over the right-field rafters, Darren Oliver (3-4) walked Mark Reynolds to start the ninth.

Suzuki pinch ran and advanced on Eduardo Nunez's sacrifice bunt. He stole third before scoring on Nix's line drive to left.

THE ASSOCIATED PRESS



Robinson Cano of the Yankees tags out Blue Jay Brett Lawrie on a stolen-base attempt on Tuesday night in New York. KATHY WILLENS/THE ASSOCIATED PRESS

DRIVE

Check clutch before moving to Mazda 3

Second gear.
2010-2013
Mazda 3

JUSTIN
PRITCHARD
drive@metronews.ca

This second-generation Mazda 3 advanced the popular model on all fronts and maintained both the sedan and hatchback offerings from the previous generation. Available feature content included heated leather, xenon lighting, automatic climate control and more. Key competitors included the Dodge Caliber and Toyota Matrix.

CONTRIBUTED

Engine

Look for four-cylinder, front-drive architecture all around. Engine choices included 2-litre and 2.5 litre gas units. Base 'GS' models will have a five-speed manual or automatic, and six-speed transmissions in manual or automatic were found elsewhere on higher-end GS or GT models. Note that from 2012 and on, Skyactiv technology fitted a high-efficiency 2-litre engine option as well.

What owners dislike

A small navigation system screen and limited rear-seat space were among the common complaints for this generation of the 3. Others included tire noise and some easily scratched interior panels.

What owners like

Upscale styling, sporty handling dynamics, an upscale cabin and a pleasant, easy-to-drive character were highly rated by owners of this generation Mazda 3. Fuel mileage, especially on models with the 'Skyactiv' engine, was highly rated.

The verdict

The last-generation Mazda 3 was loved for its upscale looks, sporty handling and fuel-efficient performance — but test drive your used Mazda 3 candidate with an eye for potential clutch and transmission trouble. If none is apparent, buy with confidence.

Common issues

Shoppers considering a model with manual transmission are strongly advised to check the condition of the clutch on a test-drive by 'feeling' for any signs of slippage, or a 'grinding' sensation when shifting gears. Numerous owners have reported premature clutch wear, which isn't covered by warranty — though this issue looks most prevalent in 2010 models. This issue may stem from a faulty clutch master cylinder and lead to transmission problems. Coax slippage from the clutch by applying full throttle at very low revs as a check. If any slippage is noted, move to another model. A full inspection of the 3's body and paint is also advised, in light of several reports of finishes and panels that are easily dented and paint that's easily chipped. Some owners have reported failure of the Bluetooth module used to link their cellular phones, so be sure that's in good working order, too. Other mandatory feature checks should include the cruise control and all steering-wheel mounted controls.

BMW's Electric car lightens up with high fibre diet

Driving force. German giant's fully electric i3 is made of carbon fibre, which is stronger than steel but a lot lighter

JIL
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The more something weighs, the more energy it takes to move it. That's a major issue for automakers, who need to reduce the weight of vehicles to improve fuel economy while still making cars that can pass crash standards.

It's even more of an issue for electric cars, because extra weight reduces how far they can go on a charge. BMW recently unveiled its upcoming i3 electric vehicle, which is made entirely of lightweight materials, including carbon fibre reinforced plastic, or CFRP.

"Carbon fibre is based on acrylic fibre," says Jörg Pohlman, managing director of SGL Automotive Carbon Fibers, a joint venture with BMW. "We apply heat, which turns it into 95 per cent carbon, and four to five per cent nitrogen. The first process is oxidization, at 230 to 250 C, and then carbonization, at 800 to 1,400 C."

Carbon fibre is stronger than steel, and also much lighter. It's made up of thin strands that are usually woven into sheets, in much the same way that cotton is woven into fabric. However, BMW uses a method that "sews" the strands in parallel. "If it's woven, (the fibres are) bent a bit and we lose material properties," Pohlman says. "This allows the engineers to put the layers in a form for the specific component."

From there, the carbon fibre is impregnated with resin and cured with heat and pressure. BMW uses a special resin that cures faster than usual, taking minutes instead of hours, and allowing the pieces to be mass-produced.

Although carbon fibre components are ultra-light, they're also very costly. Up until now, the material has been primarily used in expensive sports cars, where its rigidity and weight improves the driving performance.

The i3 will start at $44,950 when it goes on sale in Canada next year. It uses CFRP for its modular passenger cell and roof, along with aluminum, which costs more than steel, for its chassis. But the trick to its mid-range price is the lithium-ion battery that powers its electric motor. Because the car weighs so little, the battery can be smaller and correspondingly cheaper. Since the battery is typically the most expensive component in an electric car, its lower price helps offset the cost of the car's high-tech construction.

More on the i3

- **No rust.** The i3's outer panels are made of thermal plastic, and since none of its construction materials are corrosive, the car won't rust.
- **The roof.** The car's roof is made with carbon fibre offcuts left over from making the passenger cell.
- **In case of accident.** If the car crashes, damaged areas can be cut out and new carbon fibre plastic pieces glued in.

The BMW i3 will go on sale in Canada next year. CONTRIBUTED

EMPLOYEE PRICING

Sarah M. and her uncle **Tony R.**
Ford Employee Ford Retiree

Bill H. and his son **Greg H.**
Ford Retiree Ford Employee

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Titanium model shown

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Employee Price Adjustment ///	$620
Delivery Allowance ///	$250
Total Price Adjustments ///	$870

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Titanium model shown

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Platinum model shown

2013 F-150 XLT

SUPER CAB 4X4 5.0L

10.6L/100km 27MPG HWY** | 15.0L/100km 19MPG CITY**

Employee Price Adjustment ///	$4,423
Delivery Allowance ///	$7,250
Total Price Adjustments ///	$11,673

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iTunes FESTIVAL

Vampire Weekend
September 15

Thirty Seconds to Mars
September 18

Robin Thicke
September 24

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Cadillac concept could be a contender

Autopilot. Big brands like BMW, Mercedes and Audi need to take note of this visually pleasing and clever new model

AUTO PILOT
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Concept car., the Cadillac Elmiraj has a sleek, stunning look to it and could challenge the likes of Audi, Mercedes and BMW. OTH IMAGES GM

The interior of the Elmiraj is unusual and futuristic.

It's the Cadillac of Cadillacs, so to speak.

The new Elmiraj concept unveiled by Cadillac last weekend in Carmel, Calif., during Pebble Beach Car Week, points to a new styling direction for the luxury brand, and represents another step on its path to add a new, range-topping level to its model line-up hierarchy.

The Cadillac renaissance of late can be attributed to the introduction of great, distinctive cars, but also to aligning them more directly to the German luxury competition.

For example, the CTS matches up perfectly against BMW 5 Series, Mercedes-Benz E Class, and Audi A6, while the new ATS matches up perfectly against the 3 Series, C Class and A4. So Cadillac is working on a new, big rear-drive platform that will spawn a contender to compete directly with the 7 Series, S Class and A8.

That big new Cadillac sedan is expected to show up sometime in 2015. The Elmiraj styling concept is a vision of a possible two-door coupe based on that new platform.

Elmiraj looks pretty cool to me. I've always loved "luxury coupes," even though I rarely shop for them due to bank account fluctuations beyond my control.

There's just something about a big car with just two doors — the heroic proportions, the assumption of a mega-engine, the statement it makes about the driver, something like, "yes, there could be luxurious seats in the back for other people, but I'm not into that as much as I am into style and performance… you people will just have to make do."

Style tends to be exaggerated on concept cars, but Elmiraj exudes a clean and mature vibe, which Cadillac said would be incorporated into future Cadillacs.

Under the hood is a 4.5-litre twin-turbocharged V8 delivering an estimated 500 hp. The V8 is noteworthy for sharing the same technology as the new twin-turbo V6 in the upcoming 420-hp CTS Vsport edition. Elmiraj also sports the new Vsport badge, which denotes it as an above-average Cadillac sporting machine, but one slot less hot than V-Series editions.

The interior is noteworthy for its use of "fallen" Brazilian Rosewood veneer. Brazilian Rosewood is hard to come by but is highly prized as a fingerboard and tone wood for guitars. Elmiraj also debuts a new Cadillac crest. As the car, Cadillac says the new crest is just a concept, but an update is coming for sure. This version has no "wreath" around the shield, and the shield is flattened and streamlined.

A production-ready Elmiraj and a sedan counterpart will be great news for Cadillac and for Cadillac aficionados, but some aficionados want Cadillac to go even higher, to build an epic "flagship" model that could stand toe-to-toe with any flagship on the planet, like it used to do back in the day, which means back in the 1920s and 1930s. I say let's just get a big grand coupe built something close to what this Elmiraj looks like right now. That would be epic enough.

Cadillac Elmiraj Concept

- Four-passenger, two-door "Grand" coupe
- More than 17-feet long
- Functional engine hood vents
- 500-hp 4.5-litre Twin Turbo V8 powering rear wheels
- 22-inch aluminum wheels with ceramic brakes
- Rear bucket seats that slide and recline
- 10-inch info screen behind transparent analog speedo and tach

Horoscopes

♈ Aries
March 21 - April 20
The more others say nice things about you today, the more suspicious you will be — and with good reason. The full moon warns you would be wise to trust no one except for yourself, of course.

♉ Taurus
April 21 - May 21
Try to be reasonable with people today, even when almost everyone you meet is unreasonable with you. It's simply not worth the hassle getting upset about things everyone will have forgotten about come tomorrow.

♊ Gemini
May 22 - June 21
Changes may be good for you but that does not mean you must change things for the sake of it. Sometimes even a Gemini has to sit back and wait for events to unfold.

♋ Cancer
June 22 - July 23
Make an effort to put your feelings into words over the next 24 hours because someone close needs to know you still care for them. With luck, they will respond by reassuring you of their love too.

♌ Leo
July 24 - Aug. 23
You may not enjoy what you have to do today but it will be easier to handle if you approach it in the right frame of mind. Enthusiasm and attitude are everything.

♍ Virgo
Aug. 24 - Sept. 23
Why do you feel so stressed? Almost certainly it is the influence of the full moon but the good news is that tomorrow you will be fine.

♎ Libra
Sept. 24 - Oct. 23
Try not to worry yourself about little things today. For some reason, you are in one of those strange moods when minor events that go wrong annoy you more than major events that go right please you.

♏ Scorpio
Oct. 24 - Nov. 22
You could find yourself bouncing back and forth between one extreme and the other. For that reason, you are advised not to make any major decisions. You'll only change them tomorrow.

♐ Sagittarius
Nov. 23 - Dec. 21
You seem to believe that you have left something undone, something that may get you into trouble. Maybe you have and maybe it will, but is it really worth wasting the day fretting about? Forget about it.

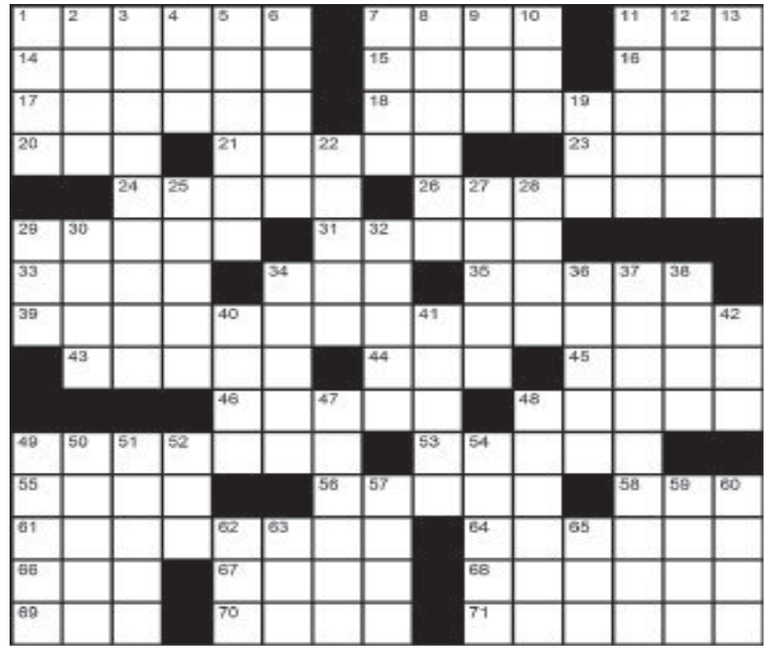
♑ Capricorn
Dec. 22 - Jan. 20
Although you are generally good with money, you will be tempted to do something outrageously risky today. Leave your credit cards at home and carry a small amount of cash.

♒ Aquarius
Jan. 21 - Feb. 19
You will be more emotional than usual over the next 24 hours. If you find yourself screaming at people you usually get along with, don't worry about it. You can always apologize tomorrow.

♓ Pisces
Feb. 20 - March 20
Old ways are often best. Don't give up on existing methods and routines, at least not until you are certain you have found something better to replace them with. SALLY BROMPTON

Crossword: Canada Across and Down

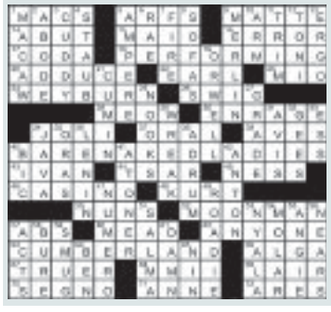
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Baroque painter, b.1577 - d.1640
7. Shrek's species
11. Tragically Hip's "Fifty-Mission __"
14. 2002 Atom Egoyan film
15. Actress, Soleil Moon __
16. "Giddy up!"
17. Upper House of Parliament
18. Canadian dairy products brand
20. Stenographer's need
21. Swiftness
23. Emerald __
24. Weighing apparatus
26. Roller __
29. Composer, George M. __
31. Has _ __ streak (Is nasty)
33. Lucy Liu's 'Kill Bill' role, _-__ Ishii
34. Edgar Allan __
35. Mouthwash brand
39. At-a-distance countryside activity: 2 wds.
43. Get there by air: 2 wds.
44. Lively parties
45. Ravel's "Ma Mere _'__" (Mother Goose)
46. __ _ _ _ added (Restaurant declaration)
48. Actress Ms. Rowlands, and others
49. Singer Gwen
53. Join
55. At the drop of _ __ (Fast)
56. Be reluctant
58. Montreal summer venue
61. Disappoints: 2 wds.
64. __ wheel
66. Floral necklace
67. "_ __ a wonderful time."
68. Spa staples
69. Tel. line in the office
70. Mr. Orbison's
71. Could be tomorrow or...: 2 wds.

Down
1. Grate
2. Stuff in fertilizer
3. Concert-in-a-park
4. Prohibition __
5. Toronto's __ Phillips Square
6. Rob
7. "The Pride __ __. Louis" (1952)
8. Athens locale
9. Shag rug kind
10. Tube-shaped fish
11. Treasures-storing box
12. Grocery store clean up spot
13. Mr. Fonda
19. Poetic contraction
22. Al Pacino/Ellen Barkin movie, "__ __ Love" (1989)
25. Cotton __
27. "Champagne Supernova" band
28. 'Resist' suffix
29. Farm animal
30. "..._ __ all else fails..."
32. Fitting rewards, archaically
34. Attach, as a brooch: 2 wds.
36. Baby barn bird
37. Was a trail blazer
38. "Orinoco Flow" singer
40. Filmmaker Ms. Wertmuller
41. Madonna hit
42. Some stoves
47. Fairgrounds section
48. Book of Judges judge
49. Room: French
50. Canadian National Exhibition, aka __ __ (Toronto's annual summer fair)
51. 'Weird Al' Yankovic spoof hit: 2 wds.
52. Alberta's McMurray, et al.
54. Can.-US-Mex. pact
57. Boxing periods, for short
59. Ms. Tequila
60. Swedish actress Ms. Persson
62. Steven Spielberg, e.g.
63. "Wow!"
65. 'R' in CPR, for short (Choo, choo...)

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	1		8		4	3		
	2			1	5			
		6					5	
		8			1			7
2								4
9			5			2		
	7					9		
			6	9			3	
		9	3		8		6	

Yesterday's Sudoku

7	4	8	1	6	3	2	5	9
6	3	2	9	5	8	7	4	1
1	9	5	4	2	7	8	6	3
4	7	1	2	8	6	9	3	5
9	2	3	5	7	1	4	8	6
8	5	6	3	9	4	1	7	2
3	1	7	6	4	9	5	2	8
5	6	4	8	1	2	3	9	7
2	8	9	7	3	5	6	1	4

Today
21°/9°
Partly cloudy
Thursday
28°/15°
Sunny
Know what the weather will be 14 days from now.
Check the 14 day trend.
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New

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